

My Baby is a

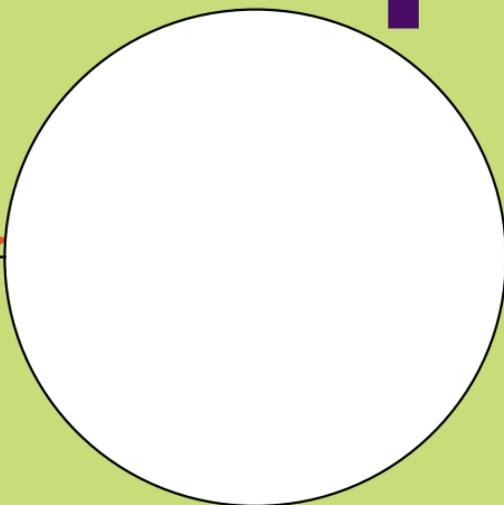
# Safe Sleeper



**Baby on Back  
for Sleep.**

**Tummy  
for Play.**

# My Baby is a **Safe Sleeper**



- ★ **Baby sleeps on their back, in their own crib, even for naps.**
- ★ **Baby sleeps without blankets, toys, bumpers or pillows.**
- ★ **Baby does not sleep with people. Sleeping with people puts Baby at risk for being rolled on and smothered.**
- ★ **Breastfeeding is great for baby. Make sure you stay awake!**
- ★ **Keep Baby away from people who are smoking, using drugs or alcohol.**
- ★ **It is good for Baby to play on their tummy. Watch Baby carefully during tummy time.**

**For More Safe Sleeper tips visit [ctoec.org/safe-sleep](http://ctoec.org/safe-sleep) or scan the QR code.**



**Connecticut Office of  
Early Childhood**

**[www.ctoec.org/safe-sleep](http://www.ctoec.org/safe-sleep)**